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Monday, May 30, 2011
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News worth sharing.

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THE ORIGINAL BREWERY
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125 YEARS

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VANCOUVER'S MVP

(MOST VALUABLE PILSNER)

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STANLEY PARK BREWERY™

ORIGINALLY ESTD

IN THE YEAR 1897

THE ORIGINAL BREWERY

NOBLE PILSNER

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125 YEARS

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GOING BANANAS
CLASSIC LOAF GETS NUTRIENT-RICH BOOST OF AVOCADO {page 14}

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SHE'S A PIP
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Throwdown with Beantown

Robertson seeking wager ideas against Boston's mayor **He won a ham and some country CDs from Nashville's mayor when the Canucks beat the Predators in Round 2**

PHYLICIA TORREVILLAS/FOR METRO

▶ The statue of Lord Stanley in Stanley Park shows support for the Vancouver Canucks yesterday.

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Mayor Gregor Robertson is mulling over the best and final wager against his Boston counterpart in the Stanley Cup final.

He's been sifting through dozens of suggestions from Vancouverites — everything from wearing a bear suit for a day to shaving the loser's head to swimming with an orca or wrestling with a bear.

"One that I really like and I'm going to campaign for with the mayor of Boston is that the loser buys season tickets for a couple of inner-city kids in the winning city for the next season," Robertson said yesterday in front of the Lord Stanley statue at Stanley Park.

He said ideas have been exchanged but nothing has been agreed upon yet.

"We don't want to dive into the spoils of our victories yet. We want to wait until we're all the way through this and then we'll celebrate."

Robertson also revealed that San Jose's mayor did not want to bet due to "budget constraints."

"(Maybe) they knew what was coming," he added.

Robertson also plans to set up more outdoor TV screens downtown to accommodate big crowds of people wanting to watch the action, but the exact locations have yet to be determined.

"We've been waiting 96 years here in Vancouver for the Stanley Cup to come home ... I think this is the year we get it back."

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ROGERS

Just say no to HST: Opposition

With June just around the corner, Adrian Dix and the NDP are ramping up their fight against the harmonized sales tax.

Yesterday Dix joined small business owners in Chinatown to urge British Columbians to reject the uniform tax during next month's referendum.

"What is so striking about (the tax) is how it shifts the burden," Dix said. "It's negative for the economy and it's negative for small businesses."

Even with last week's concessions — when Premier Christy Clark promised to scale the 12 per cent tax back to 10 per cent, among other measures — the NDP claims families will still be hurt in the pocket.

The government claims the shift would cost the average family $240 dollars more per year, over the previous GST/PST tax system.

Dix expects the referendum to be a close race, but accused the Liberals of "stacking the deck" with an onslaught of HST advertisements.

MATT KIELTYKA

MATT KIELTYKA/METRO

▶ Chef Mike Li, from left, consumer Otto Chu, MLA Jenny Kwan and NDP Leader Adrian Dix speak out against the HST at a press conference in Chinatown yesterday.

The home slice advantage

Boston Pizza begins changing its 62 B.C. restaurants to Vancouver Pizza for Stanley Cup finals

SAHARA GIANNONE
VANCOUVER@METRONEWS.CA

Rogers Arena

▶ Rebranding will also take place at Rogers Arena, where all Boston Pizza displays and signs will be amended in support of the Canucks.

In an effort to not cheese off possibly crusty Vancouver fans, Boston Pizza will change its name to Vancouver Pizza for the Stanley Cup finals.

Boston Pizza sprang into action following the Bruins' 1-0 win Friday over Tampa Bay, ordering rebranding materials for all of its 62 B.C. locations.

The Grandview Boston Pizza changed its name to Vancouver Pizza yesterday afternoon.

The rest of the B.C. restaurants will be changed over by Wednesday's opening game.

"Boston Pizza proudly supports the Canucks and does not want to be linked with Boston in any way for the duration of the playoffs," said Bridgette Scott, general manger at the Grandview store.

B.C. restaurants will receive "Vancouver Pizza" banners to hang over their signs, and stickers to cover up Boston Pizza logos.

"As a proud Canadian company and a true fan of the game, it was only natural to show our full support to the Vancouver Canucks," said Brad Bissonnette, director of regional marketing.

SAHARA GIANNONE/FOR METRO

▶ A Vancouver Pizza sign goes up at the Grandview Highway Boston Pizza location yesterday.

1 news

Behind the legend of the 'Guardian Angel of Route 66' is the story of a boy and his road. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

For many women in Kandahar, simply getting an education is an extraordinary act of courage. Video at metronews.ca

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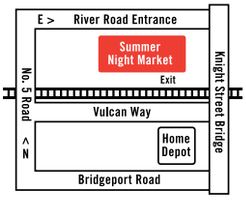

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News in brief

3 officers and police dog hurt

Three officers and a Vancouver police dog named Shack are recovering with injuries after an arrest turned violent.

A suspect allegedly twisted Shack's snout and pressed his thumbs into the dog's eyes. Police say it took six officers to subdue the man. Dean Rackham, 49, faces multiple charges. METRO

Beating death at Hope motel

Police are probing the beating death of a 67-year-old man who was found dead in the same motel in Hope where reality TV star Ryan Jenkins hanged himself .

A 43-year-old man has been arrested. Police say the incident appears to be gang-related. METRO

Cummins voted top Tory

John Cummins, the longtime MP now making a run at provincial politics, is officially the new leader of the B.C. Conservative Party.

Cummins was elected leader Saturday at a party convention in Surrey and immediately named abolishing the carbon tax as his top priority. METRO

Teachers' strike vote looms

The B.C. Teachers Federation will ask its members to take a strike vote next month, unless there's progress in contract talks.

Federation president Susan Lambert says talks have stalled at both the provincial and local levels. THE CANADIAN PRESS

Cyclists gear up for Bike to Work Week

- Event started in Victoria in 1995
- Roughly 17,000 expected to ride

KRISTEN THOMPSON
VANCOUVER@METRONEWS.CA

If you've ever toyed with the idea of leaving your car keys or bus pass at home and biking to work, this is the perfect opportunity.

Today marks the beginning of Bike to Work Week, with roughly 17,000 participants in 17 B.C. communities expected to make their daily commutes via pedal power.

Erin O'Melinn, executive director of the Vancouver Area Cycling Coalition, said the event usually produces a mix of seasoned cyclists and newcomers, and the two groups work well together.

"The people who are already cycling are often really great role models for (new cyclists)," she said.

There will also be "celebration stations" set up along bike routes offering free coffee, bike tune-ups and prizes.

O'Melinn said one of the big reasons people don't cycle to work is that habits are hard to break, and it's often intimidating to try something new.

"They need something unusual (like Bike to Work Week) to break that, and the fact that it's fun and there are prizes is very motivational."

Sign up

Participants are encouraged to sign up on biketowork.ca and create a team with co-workers.

JULIA DILWORTH/FOR METRO

▶ People cycle around on the seawall at English Bay yesterday.

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Pardeep Sandhu, a TELUS Team Member, with her friend at the TELUS Walk to Cure Diabetes.

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PMO denies border talk

Leaders did not discuss 1967 boundaries, spokesman says amid glowing Israeli report ◐ Harper sidesteps questions on the issue at G8 summit

Prime Minister Stephen Harper did not discuss the G8 summit with his Israeli counterpart, Benjamin Netanyahu, a Harper spokesman says.

The statement by Dimitri Soudas, Harper's communications director, appears to contradict a report in the Israeli newspaper Haaretz that Netanyahu phoned Harper before the summit to ask him to block G8 support for a Palestinian state based on 1967 borders.

Soudas said yesterday in an email to The Canadian Press that Harper did speak to "various leaders in the last few days, including the Israeli prime minister as well as the head of the Arab League."

But he added "there was no G8 discussion with Prime Minister Netanyahu."

"The PM's views are long-standing and well known on the Middle East process towards a two-state solution," Soudas said while Harper was visiting Greece after the G8 summit in France.

"Canadian policy on these issues is long-standing. It's important that any statement on the Middle East always have balanced references to the various positions and the G8 statement is a balanced statement."

In a speech this month, U.S. President Barack Obama said talks between the Palestinians and Israel should be based on 1967 borders that existed before the Six Day War in which Israel occupied East Jerusalem, the West Bank and Gaza.

Haaretz said Israel was particularly concerned about the border proposal because at least seven of the eight G8 countries supported including it in the summit declaration.

The G8's final declaration issued Friday did not include any mention of borders in Israel-Palestine peace talks.

The Haaretz report said Netanyahu told Harper that mentioning the border issue would be detrimental to Israeli interests and a reward to the Palestinians.

As the summit concluded, media reports cited diplomats in saying the 1967 border proposal was omitted from the G8 statement because of objections from Canada.

THE CANADIAN PRESS

Term nixed

One of the ironies of the election that finally delivered the Conservatives a majority government on May 2 is that it appears to have vanquished the "Harper Government."

- The controversial term has almost disappeared from official Government of Canada news releases after suddenly blanketing departmental communications in the months leading up to the fall of the Conservative minority March 25.
- Now, internal government documents obtained by The Canadian Press show that civil servants were being ordered by ministers' offices to use the term, and that they were "obligated to do so if asked."

Arrest. Protest

▶ Supporters of genocide suspect Ratko Mladic wave flags emblazoned with his picture and reading "Serbian Hero" yesterday, during a rally organized by the ultra-nationalist Serbian Radical Party in front of the parliament building in Belgrade.

DARKO VOJINOVIC/THE ASSOCIATED PRESS

War criminal or war hero?

Thousands of demonstrators sang nationalist songs and carried banners honouring jailed former Bosnian Serb army commander Ratko Mladic yesterday. They poured into the street outside Serbia's parliament to demand the release of the war-crimes suspect, whom they consider a hero.

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Rallying. Cry

▶ Protesters in Beirut march from the Interior Ministry to a square near parliament yesterday, demanding that the government draft a law banning violence against women.

BILAL HUSSEIN/THE ASSOCIATED PRESS

Fighting violence in Beirut

Malta votes 'yes' to divorce

Nation has long Catholic traditions and church's influence on citizens is significant ◐ Turnout stood at about 72 per cent, low by Maltese standards

Malta — a tiny, staunchly Catholic Mediterranean island — has voted in favour of legalizing divorce, according to the results of a referendum.

Malta is the last remaining European Union nation that bans divorce. But what had been billed as a historic referendum has ushered in a "new Malta," according to a leading politician.

Yesterday's final results of the polling the day before showed that 52.67 per cent of people voted in favour of divorce, according to the Times of Malta.

Prime Minister Lawrence Gonzi, who had campaigned against divorce, said parliament would respect the will of the people in the nonbinding referendum and work on legislation to legalize divorce.

"Even though the result is not what I wished for, now it is our duty to see that the will of the majority is respected," Gonzi said in a televised speech reported by the newspaper.

The issue has been hotly debated and allegiances went beyond party lines.

"This is a conservative society, but Maltese still live like Europeans. This regularizes their lives," said analyst Saviour Balzan, whose newspaper, Malta Today, had campaigned in favour of the legalization of divorce. "It gives a new lifeline to hundreds of people."

Balzan also said the "yes" victory makes Malta more European.

"Divorce is not an obligation for a member state, but it brings us closer to Europe," he told The Associated Press.

THE ASSOCIATED PRESS

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Investors await Bank of Canada rate decision

RBC Dominion Securities last week assessed chances of a quarter-point hike in July to 12 per cent

The Canadian dollar could be under additional pressure on commodity markets this week after the Bank of Canada delivers its next announcement on interest rates tomorrow.

The dollar moved lower for a fourth week last week, reflecting slowing economic conditions, particularly in the U.S., Canada's largest trading partner, and doubt about when the Bank of Canada will resume raising interest rates.

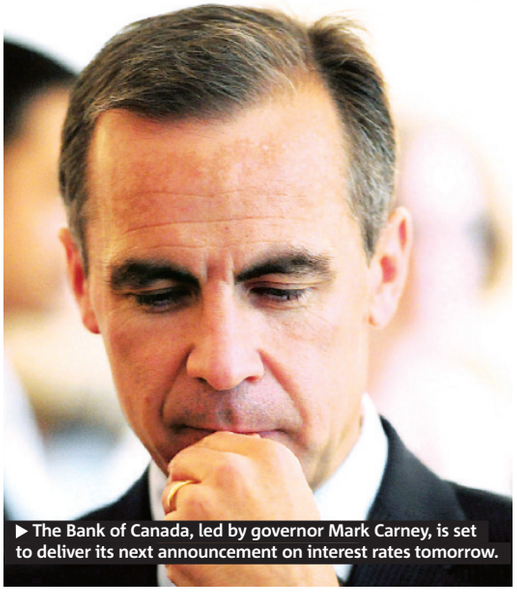
No one expects the central bank to hike its key rate tomorrow but traders will be anxious to read the bank's statement for clues as to when it will move the rate above one per cent, where it has been since September.

"We don't really even look for talk about imminent rate hikes next week," said BMO Capital Markets deputy chief economist Doug Porter.

The Bank of Canada was fully expected to resume raising interest rates in July, heralding a string of quarter-point hikes. But slowing economic conditions in much of the world has radically changed that outlook.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS FILE



▶ The Bank of Canada, led by governor Mark Carney, is set to deliver its next announcement on interest rates tomorrow.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
+21.69 (13,797.59)	+0.14 ¢ (102.32¢ US)	+ 36¢ US ($100.59 US)	$4.518 (+ 15.8¢)	$1,536.30 (+ $13.50)

Veggie outbreak spreads across EU

Spanish vegetables suspected of contamination with a potentially deadly bacteria are being recalled from stores in Austria and the Czech Republic to prevent the spread of a deadly outbreak, officials said yesterday.

The death toll from the bacteria rose to at least 10 people, and hundreds across Europe have been sickened.

Czech authorities said 120 organic Spanish cucumbers were being pulled off shelves while their counterparts in neighbouring Austria announced that "small amounts" of cucumbers, as well as tomatoes and eggplants, were being removed from 33 stores.

The Austrian Agency for Health and Food Safety said it was informed by a European Union warning system that two German companies had issued an immediate recall and sales ban of cucumbers, tomatoes and eggplants.

THE ASSOCIATED PRESS

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LONELY PATH FOR CANUCKS BANDWAGON

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

If you're a Canucks fan, is this not the best week of your life?

It only gets better when it's Mission Accomplished and Henrik Sedin raises the Stanley Cup in the air. Woo hoo!

Too bad the rest of Canada doesn't feel that way.

For instance, your correspondent was horrified to learn the CBC is running a poll on its website: Which one is Canada's Team? Vancouver or Boston?

Boston????

Boston is where they threw the Tea Party, spawning the United States of America. If anything, Boston is America's team, but it's the opposite of Canada's team, no matter that one of its players is a kid from East Van, Milan Lucic.

"There's something about Vancouver. I would call it envy."

What are they thinking at CBC Toronto?

Then there's the Globe and Mail. It's the weekend before the Stanley Cup, and what does Canada's National Newspaper feature on its sports front? Errr, a soccer game between Barcelona and Manchester United. Big splash. So big you can barely see the story about the Canucks being in the Stanley Cup because they're lucky.

Lucky? They scored more goals and gave up fewer — that kind of nonsense — but the real reason they squeaked into the Cup is because the referees blew an icing call and Kevin Bieksa got a lucky bounce.

I'm not making this up. Check it out.

Now imagine the chest-thumping pride that would radiate from the centre of the media universe if, say, the Toronto Maple Leafs were in the final. I know it's not a likely scenario, but go ahead, imagine.

And would there be any debate about the Montreal Canadiens, the Calgary Flames, the Ottawa Senators or the Edmonton Oilers carrying the national standard? I don't think so.

There's something about Vancouver. I would call it envy. How would you feel if every 15 minutes some international survey calls Vancouver the best place on Earth and you lived in Calgary or Ottawa? You would have to admit, it would be hard to take.

Earlier this year, MSN Travel decided Vancouver women were among the top 10 most beautiful in the world, along with Rio and New York City. No mention of Edmonton.

So we're in the best place to live, which we share with the world's most beautiful women and the world's best hockey team.

We're lucky all right. Lucky the rest of Canada is even talking to us, even if they are saying hurtful things, such as we drink too many lattes, take too many yoga classes and smoke too much B.C. bud.

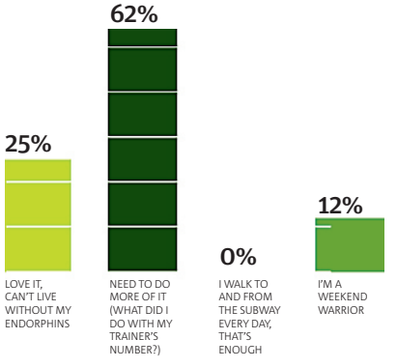
But we've been through this before. We've learned never to talk about how we just returned from a lovely walk on the beach — and how deep is that snow again?

Go Canucks go. Everyone else will just have to hold their noses and think of Canada.

metro life panel

Register at metrolifepanel.ca and take the quick poll

What's your attitude toward exercise?



Local tweets

- **@MayorGregor:** Made good luck pilgrimage to visit Lord Stanley statue in Stanley Park. He's holding a banner "The Cup Belongs Here!"
- **@VancityBuzz:** Wow That was fast! Boston Pizza changes it's name to #Vancouver Pizza http://bit.ly/l5r3Dv Go #Canucks Go!!
- **@britanyquinn:** Beach weather #vancouver #love
- **@fatboyathletix:** I think the 4th line of the #canucks did phenomenal but replacing one of them with the now-healthy malhotra would make the team stronger
- **@mattbleasdale:** I wonder if the #Canucks realize the huge legends they will become with a cup win? 17yrs later & ppl still line up for Diduck's autograph :P
- **@Jamie_Chesson:** RIP Luc Bourdon, we lost you 3 years ago today ... you will never be forgotten #NHL #Canucks #Prospect
- **@JaysDome:** I am officially on the #Canucks bandwagon as I am now rocking my brand new Daniel Sedin player T-Shirt ... #BringTheCupHome

Worth mentioning

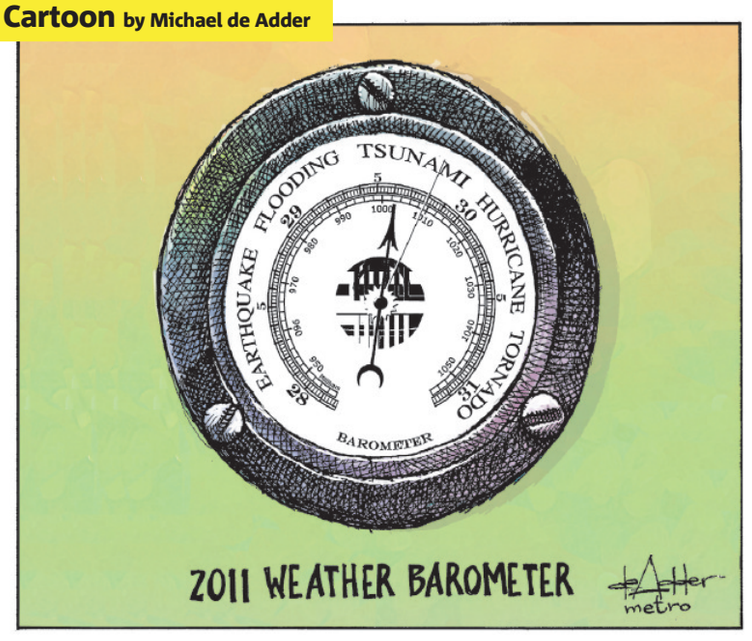
MOREHEAD CITY, N.C. Archaeologists recovered the first anchor from what's believed to be the wreck of the pirate Blackbeard's flagship off the North Carolina coast Friday, a move that might change plans about how to save the rest of the almost 300-year-old artifacts from the central part of the ship.

Divers had planned to recover the second-largest artifact on what's believed to be the Queen Anne's Revenge but discovered it was too well-attached to other items in the ballast pile, said project manager Mark Wilde-Ramsing. Instead, they pulled up another anchor that is the third-largest artifact and likely was the typical anchor for the ship.

Apparently, pirates had everyday anchors and special anchors just as the rest of us have everyday dishes and good china.

In 1717, Blackbeard captured a French slave ship and renamed it Queen Anne's Revenge. Blackbeard, whose real name was widely believed to be Edward Teach or Thatch, settled in Bath, N.C., and received a governor's pardon. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Case of mummy smuggling wrapped up

The shipping label said the mailed package contained replicas of Peruvian ceramics. An X-ray machine used by customs agents discovered it really held three skulls and a mummy more than 2,000 years old.

Authorities said Friday the package was intercepted at Argentina's central post office, and an Argentine citizen who was waiting for the shipment has been detained as part of an investigation into illegal trading in ancient cultural artifacts.

Officials speculated the package would have been relayed to a museum or a private collector in Europe, where such old bones are in demand because of the blankets and other woven material that surround ancient South American mummies.

A preliminary evaluation by Argentina's national archaeology institute determined the bones are from the pre-Inca Paracas culture on Peru's coast, and date from between the 7th and 3rd centuries BC, officials said.

Last year, Bolivian police foiled a similar mummy mailing enterprise and detained a woman who tried to send a Peruvian mummy to France. **THE ASSOCIATED PRESS**

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HANDOUT

▶ X-Men: First Class, which opens Friday, tells the story of how Magneto (played by Michael Fassbender), right, turned against his friend Charles Xavier (James McAvoy).

A First Class superhero film?

Opening this week, X-Men: First Class is the prequel to an extremely successful franchise

STEVE GOW
SCENE@METRONEWS.CA

It's curious that while Hollywood seems to be making less movies in general, we are entering a summer that features no less than four big-budget superhero blockbusters — including this Friday's release of X-Men: First Class.

"It's probably down to the fact that maybe less people are going to the cinema and so they make films that are large in scale where you would want to go see it on a big screen," offered star Michael Fassbender recently from New York.

"Genres take hold and they run for a while — I would say that's one of the reasons (superhero movies hold up)."

It probably doesn't hurt that X-Men: First Class is also the prequel to a very successful franchise that began as pulp fiction in 1963.

The beginning of the saga, X-Men: First Class features the original mutant superheroes and how the once-upright Magneto (Fassbender) turned against his friend Charles Xavier (James McAvoy).

Good vs. Evil

- **Charles Xavier**
  A powerful telepath who can control minds, Xavier recruits fellow mutants to stop a global threat.
- **Magneto**
  Erik Lehnsherr discovered his power of magnetism under terrible circumstances and sets his sights on revenge with his mutant ability.

"There's such an incredible history there," said McAvoy of the franchise's legacy.

"But the main thing that runs through all the X-Men saga — whether it's the comic books, cartoon-form or movies — is that sense of the outsider being the character that you're exploring ... that has to be one reason why it's stuck around for so long."

The previous films surely added fans to the franchise as well.

However, McAvoy and Fassbender weren't intimidated by expectations of portraying the respective roles that Ian McKellan and Patrick Stewart defined in the movies.

"I definitely watched the films," said Fassbender.

"I was going to study Ian McKellan, perhaps as a young man and his movements, nuances, voice and then decided not to do that and just use the source material available in the comic books — to just take a totally fresh look at it, wipe the slate clean and go for something new."

2 scene

Box office

The Hangover Part II hauled in $86.5 million US in its first weekend, putting Hollywood on course to set a new revenue record for the Memorial Day long weekend, according to studio estimates yesterday. Kung Fu Panda 2 opened solidly with a $48-million weekend.

THE ASSOCIATED PRESS

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WINNER, EXCELLENCE IN LASER HAIR REMOVAL CATEGORY

Kate, shmate: TV heavyweights eye Pippa Middleton

ALL PHOTOS GETTY IMAGES

▶ Kate Middleton wasn't the only one who dazzled at the royal wedding.

First she had a facebook page dedicated to her derrière Now the likes of Barbara Walters and Oprah want Kate Middleton's sis on TV

After making a splash at her sister's royal wedding last month, Pippa Middleton is apparently in high demand — especially among U.S. TV heavyweights like Barbara Walters.

"Years ago, when Kate broke up with Prince William briefly, Barbara tried to hire her as a View co-host," a source tells the National Enquirer.

"But now she thinks Pippa's so sassy, young and gorgeous, she'd be a fantastic fit. Ratings would be amazing!"

But Walters isn't the only one with her eyes on Middleton, as Oprah Winfrey "wants Pippa to host her own show for her OWN network," according to the source.

"O knows it would be a great ratings coup because Pippa's a star on fire — and Americans are so obsessed with the royals." METRO

Celebrity tweets

Today, Pink wants to be nicer, Pee-wee Herman keeps it educational, Kelly Osbourne is not amused and Conan O'Brien doesn't like a slacker.

@Pink

"I feel like my middle finger is sacred. I've been giving it away too easily."

@ConanOBrien

"Hey @Oprah — Get a job!"

@peeweeherman

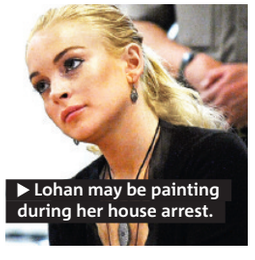
"Discover the power of carrots" at the Carrot Museum: "

@MissKellyO

"I'll make you a deal, you stop telling lies about me, and I'll stop telling the truth about you (you know who you are)."

Lilo lays low

Lindsay Lohan is making the most of her four-month house arrest sentence, according to TMZ. The troubled actress views the forced break from public life as "time to relax, focus on her recovery and figure out her new game plan for her life and career," a source says. And that new game plan may include more artistic expression, as Lohan reportedly stocked up on canvases and oil-based paints. METRO



▶ Lohan may be painting during her house arrest.

JEFF LANCE

▶ The Snuzzie turns a baby's cries into classical music, or the song of your choice.

3 life

Inventions we wish existed

As a parent, you often think, I have a good idea! Here are some of our own (some tongue-in-cheek) with input from Mike Drummond, editor of Investors Digest, about their viability

The Dummy Dispenser

What it does: Hanging from the crib like a giant Pez dispenser, this invention distributes pacifiers when the baby needs one — automatically. If the baby is too young to grab the dummy herself, a robot arm, covered in kid-friendly foam material, extends and places it gently in her mouth.
Says Drummond: "I suspect Pavlov would love this little number. It encourages motor skills and links desires and behaviour, assuming the dispenser responds to baby cries. I'd want the robotic arm to pull double-duty, and pick up discarded pacifiers."

The Snuzzie

What it does: An electronic muzzle device, the Snuzzie turns a child's cries into classical music — or whatever sound you wish, via downloadable MP3s. Future versions will be able to identify what your child wants from each cry — food, a diaper change, a nap.
Says Drummond: "Finally a product that addresses the most annoying consumer group — babies! In all honesty. this is a product for the narcissistic sadist — which happens to cover a large market segment, given the popularity of botox, stiletto high heels and the Kardashians. Let's stick with pacifiers."

The Inflatable Stroller

What it does: Small enough to fit in your pocket, this product inflates, with the press of a button, to a full sized stroller, made of extremely durable plastic.
Says Drummond: "I can get behind this product, having been behind far too many stroller-pushing parents at airport security checkpoints. This seems like a win-win-win for all concerned. The parent/caregiver gets convenience; the baby gets something airy to ride in; and I don't have to wait forever for the stroller to get folded up and shoved through airport X-ray machines.

The Self-Cleaning Floor

What it does: An invisible seal covering your hardwood floors (especially the area where your child eats), the Self-Cleaning Floor breaks down and absorbs fallen food particles in seconds, leaving no mess behind.
Says Drummond: "Again, an invention I could get behind. And we're already seeing a close cousin of this type of technology being developed in the field of nano medical technology — tiny robots that eat cancer cells and such. But what does this do to the five-second rule?"

The PooLarm

What it does: Embedded into each diaper, the PooLarm reads your baby's body chemistry and lets you know, via a digital readout, if she's done pooping or if there's more to come.
Says Drummond: "Normally I'm for anything that lessens the risk of coming into contact with feces. But unless you're just really into changing diapers, I don't see this as a huge seller. That said, the right amount of fear-based marketing could motivate consumers and scare the crap out of the diaper competition."

MICHAEL FREIDSON & EMMA E. FORREST
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- This Avocado Banana Bread is ideal for a morning or afternoon treat
- The Asiago Garlic Bread makes a perfect side dish to any entrée

BOTH PHOTOS: THE CANADIAN PRESS H/O

▶ This recipe makes eight mini loaves.

A perfect breakfast on the go or a great addition to lunch, this nutrient-filled banana bread made with whole-wheat, high-fibre and folate-rich avocados, and high-potassium bananas is a satisfying treat.

Preparation:

1 Preheat the oven to 180 C (350 F).

2 In a medium bowl, combine the flour, baking powder and salt. In another bowl, combine the avocados, bananas, honey and vanilla. Fold the dry mixture into the avocado-banana mixture. Spoon the batter into 8 greased mini pans, ensuring you spread it evenly.

3 Bake the Avocado Banana Bread for 25 to 30 minutes or until a toothpick inserted into middle of each loaf comes out clean. Let the bread cool then run knife along edges and invert onto wire racks.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 500 ml (2 cups) whole-wheat flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) sea salt
- 2 pureed avocados
- 2 mashed bananas
- 175 ml (3/4 cup) honey
- 5 ml (1 tsp) vanilla extract

Asiago Garlic Bread

This version of garlic bread, with chopped oil-packed sun-dried tomatoes and crumbled Asiago cheese, will add a unique addition to any meal.

Preparation:

1 Preheat oven to 200 C (400 F).

2 In bowl, combine garlic, butter, chives and sun-dried tomatoes. Cut vertical slits in baguette almost to bottom and place on baking sheet; spoon butter mix over top of baguette, making sure to get mix inside cuts.

3 Top baguette evenly with Asiago cheese; bake 8 minutes or until cheese is softened and baguette is hot and crisp. THE CANADIAN PRESS/ DEMPSTER'S OVEN-FRESH BAGUETTE

Ingredients:

- 1 clove garlic, minced
- 30 ml (2 tbsp) soft butter
- 15 ml (1 tbsp) chopped chives
- 15 ml (1 tbsp) chopped oil-packed sun-dried tomatoes
- 1 white or multi-grain baguette
- 50 ml (1/4 cup) crumbled Asiago cheese

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Taste the waste: unwanted food to be resold as lunch

Millions of tons of food is wasted every year in the U.K. But it's a culinary treasure trove for one café in Haringey, North London, that collects unsold supermarket food and cooks budget meals for hungry clients

ANTHONY JOHNSTON
GREEN@METRONEWS.CA
METRO WORLD NEWS

We would all cringe at the sight of unsold food from shops and restaurant tossed into roadside skips, but how would you react to unwanted food served in a restaurant for a hungry lunchtime clientele?

This is exactly the business of FoodCycle, a London-based charity that turns surplus food from retailers into hearty budget meals.

They run a community café in Haringey, north London, which is abuzz with residents and moms pushing prams come lunchtime, feasting upon dishes of unused food produce donated by local supermarkets.

The fruit and vegetables they get are a day or two past the shops' sell-by date. Resold meat or fish is off the menu "for safety reasons," café manager Jessica Veltman says.

Every year 1.4 million tons of food are wasted by U.K. retailers while 11.9 million tons is thrown out by households, says WRAP, the government recycling body.

ANASTASIA JOHNSTON

▶ "At first, hellish images of moldy vegetables on my plate tormented me – but the taste made me think... mmm, this is yummy!"

RESTAURANT REVIEW

Good, not scary meal

Starter: Parsnip & carrot soup. It was a little too peppery. Were they trying to mask something?
Main course: Jacket potato, topped by aubergines, tomatoes, kidney beans and cheese. No sooner had I tucked into my meal than it began to look like a dog's dinner. But presentation aside, the potato filled a hole in my belly with tasty vegetable goodness. I was left satisfied.
Dessert: Apple & cinnamon cake. Somewhat soggy but in truth scrumptious.
Verdict: In the end, any 'horror food' images were a distant memory. The wholesome meal, and family-friendly ambience, put my mind – and indeed my stomach — at complete ease.

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So Junior's home from college...

As students return home from school for the summer, parents brace for piles of laundry and late, late nights

After nine months away, campus and the place where college students grew up may seem like worlds apart.

Summer at home – so often eagerly awaited by the students, their parents and siblings – is often a mixed-up time of happy reunions, unexpected challenges and weird new family dynamics as not-quite adult kids return temporarily to the nest.

"They have a whole new world, filled with new friends and new ideas, new independence," and that sometimes clashes with things back home, said psychologist Karen Levin Coburn, a consultant at Washington University in St. Louis and author of Letting Go: A Parent's Guide to Understanding the College Years.

Cindy Jez, a 55-year-old real estate manager in Richmond, Va., has gone through these transition summers several times with her two oldest boys, a junior and senior in college.

"I remember crying when they first went to college. Now I'm crying when they come home," she jokes.

Don't get her wrong – Jez loves having the boys back home.

And yet, she also knows their return means piles of dirty laundry, a perennially lost TV remote, a disconnected security alarm to accommodate their late nights out, and jealousy from her two younger sons as the big men on campus suddenly get all the attention.

"The first time they come back there's always an adjustment period," Jez said. They're used to the freedom of college life, and "there are still boundaries at home."

"I try not to be a nag. I try to recognize that they're young adults," she says of sons Nolan, 20, and Cory, 22. "They need to have their own sense of responsibility. At the same time, I find myself constantly doing reminders. I'll send them texts: Picked up eight pairs of filthy socks in the family room last night."

"It's a balancing act" for everybody, Jez said.

Meryl Pearlstein, a New York City public relations executive and writer, experienced that last summer when her son, Evan, returned home after freshman year at the University of Vermont. Having him back home was a treat, and knowing he'd successfully navigated that first year away made Pearlstein and her husband proud.

But with a younger son at home, "there are turf wars for the car, the living room, the TV and more," Pearlstein said.

"I do hate having World Wrestling Federation on TV and finding snack wrappers in the living room." And when Evan would announce that he'd be home at 3 a.m., "We said, 'No you won't.'"

"There's a bit of give and take over the summer," Pearlstein said.

THE ASSOCIATED PRESS

Timeless advice

Karen Levin Coburn's book, Letting Go: A Parent's Guide to Understanding the College Years, was first printed in 1988.

- Families should discuss expectations soon after their students arrive back home – things like curfews, household chores and spending money, so everyone is one the same page, Coburn said.
- Despite all their newfound independence, for college kids, home "is still their emotional touchstone. It's just important for parents to be sensitive to that," Coburn said.

ISTOCK

"Mom, you're not even going to do my laundry while I'm home?"

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Ain't no mountain high enough

How a tragic family circumstance inspired this CP24 host to reach out for others by reaching for the top

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When asked to scale the tallest mountain in Africa to improve the quality of life for children struggling with mental illness, Bryce Wylde only had to think for second. "I'll do it," he said. "Count me in."

Wylde is well known as one of Canada's leading authorities on alternative medicine, for his weekly television show on CP24 and his guest appearances on Dr. Oz. But he had never spoken publicly about a subject that is close to his heart.

▶ Bryce Wylde

"My family has been riddled with mental health issues," Bryce admits. He watched his late father struggle his whole life and it left a lasting impact on how Bryce looks at life and health.

Climbing Mt. Kilimanjaro is very challenging and I ask him what he'll be feeling the day he reaches the top. Will it be personal fulfillment, excitement and accomplishment?

Bryce grows silent and his eyes slowly fill with tears.

"That day I'll be thinking about my Dad," he says emotionally, "and the hope that other children will never have to go through what he did."

Climb for kids

The Climb to Conquer the Stigma of Adolescent Mental Illness:

- Markham Stouffville Hospital Foundation
- Mt. Kilimanjaro
- July 10-21, 2011
- Go on line to support Bryce Wylde: bit.ly/eDjCeA

Kilimanjaro

- Mount Kilimanjaro is the tallest freestanding mountain rise in the world
- Measures 4,600 meters (15,100 feet) from its base
- Kilimanjaro features glaciers, deserts and tropical jungles.

On the health-care horizon

An aging population, growing immigrant communities and advances in computer science are creating new career opportunities in health care

KIM ZARZOUR
FOR METRO

If you have a mind for science and a heart for caring, the future looks full of promise. Thanks to changing demographics — an aging population and increased immigration — those interested in a career in health sciences have a wealth of options.

"The future is bright because there is always going to be a job in health care," says Dr. Jacques Bradwejn, Dean of the Faculty of Medicine at the University of Ottawa. As Canadians grow older and the population becomes more diversified, he says, the field is ripe with opportunity.

Home health care

Research shows people recover faster in their own homes, and a growing number of careers will revolve around providing that home-based care.

In fact, experts are predicting hospitals will become places of training rather than treatment, and homes will be the place where the bulk of care is received, says Aleksandra Zecevic, who teaches aging and health at the University of Western Ontario.

Community health services

Integrated care will become key, creating a need for new disciplines such as geriatric rehabilitation aides with skill sets such as nutrition, physiotherapy and occupational therapy.

And there will be more collaboration between health professionals, says Doug Angus, director of the PhD Program in Population Health at University of Ottawa. Physicians, dieticians, physiotherapists and chiropractors will need to work together in family health-care teams and community health practices.

Gerontology

There will be a growing need for health-care providers who specialize in the elderly — from doctors of geriatric medicine, to gerontology-focused nurses and social workers — through programs like Grant MacEwan University in Edmonton, which offers a distance certificate program in Post-Basic Nursing Practice, and UBC's Okanagan campus two-year Bachelor of Social Work Aging Specialization.

Holistic health

A growing immigrant population will bring more opportunities. With different backgrounds come different requirements. One example, Angus says, is Vancouver General Hospital, which deals with a large Asian population and is combining Eastern and Western approaches to medicine. Mainstream health science programs, like that at University of Western Ontario, now expose undergrads to alternative approaches in health care as well.

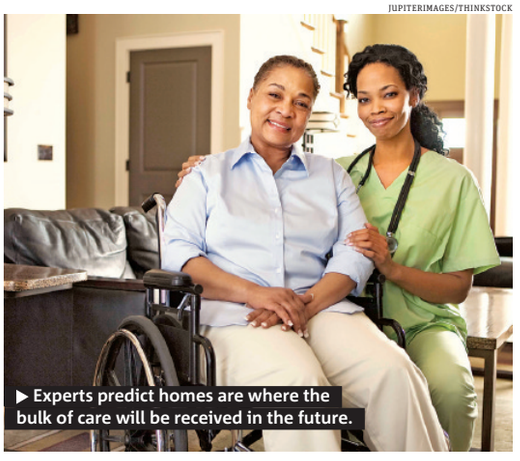
Disease management

With immigration and globalization, there's a growing need for professionals who can tackle emerging infectious diseases — think SARS and H1N1. Other diseases, like TB, are re-emerging and providing new challenges because they are drug resistant. There's a demand for epidemiologists and other professionals who can monitor the growth of viruses and bacteria, predict how populations might evolve and plan for pandemic preparedness.

Technology

The fields of engineering and computer science will also play a role. Imagine a world where your "smart home" has toilets that automatically analyze urine to inform your fridge what nutrients you need.

JUPITERIMAGES/THINKSTOCK



▶ Experts predict homes are where the bulk of care will be received in the future.

Diversity

Between now and 2031, the foreign-born population of Canada could increase approximately four times faster than the rest of the population. By 2031, between 25 and 28 per cent of the population could be foreign-born.

FROM STATISTICS CANADA STUDIES RELEASED LAST YEAR

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5 keys for the Canucks to bring home Lord Stanley

CANUCKS PREVIEW

SCOTT RINTOUL
VANCOUVER@METRONEWS.CA

Make no mistake: This isn't Vancouver's series to lose. Boston is an excellent team and it's no fluke that the Bruins are just four wins away from hoisting the Stanley Cup.

However, there are reasons the Canucks are the favourite in this year's final, and if the Western Conference champs play up to their capabilities, the 40-year drought should end sometime in mid-June.

If the Canucks are able to accomplish most of the items on the following list, Vancouver will be hosting a parade in the next few weeks.

1. FIRE POWER

When Henrik and Daniel Sedin are scoring, the Canucks are nearly impossible to beat. In the eight playoff games in which both Sedins have registered at least point, Vancouver is 7-1 with the only loss coming in overtime. Neither twin found the score sheet in their lone meeting with the Bruins this season, and, not surprisingly, the Canucks lost 3-1.

2. WHISTLE BLOWERS

If the officials don't put their whistles in their pockets, the Canucks will have an advantage. Vancouver's power play is sizzling at 28.3 per cent compared to Boston's conversion rate of 8.2 per cent, despite having a near-identical number of opportunities. With penalty kills that have both struggled at times this postseason, the Bruins' inability to muster much of a threat with the man advantage means a special-teams series favours the Canucks.

3. PROTECT THE PAINT

Unlike the Sharks, the Bruins play up to their size. Burly forwards like East Vancouver native Milan Lucic cause chaos in the crease when they are able to get there undeterred, and Boston is eager to engage in physical altercations after the whistle. The Canucks don't have to flatten those physical forwards at every opportunity, but they must provide reasonable resistance in order for Roberto Luongo to avoid contact and see the puck.

4. WIN, LOSE, YOUR DRAW

For a puck-possession team like Vancouver, winning a high percentage of faceoffs is essential to dictating the pace of play. When the Canucks aren't chasing the puck, they play an up-tempo, attack style of game that few teams can match. This series features two of the best in the business when it comes to faceoffs in Ryan Kesler and Patrice Bergeron. The return of draw-dominant Manny Malhotra could give the Canucks the edge they need in the circle.

5. SHOW STOPPER

Though many will doubt Roberto Luongo's ability to outplay Tim Thomas, there is reason to believe it's a distinct possibility. Despite excellent overall numbers, both Vezina candidates have struggled at times during the playoffs, but Thomas has had his troubles much more recently than Luongo. Though Thomas pitched two shutouts last round, the Bruins backstop also allowed four or more goals on four occasions in the Eastern Conference final. Luongo had just one hiccup in the third round and is coming off a 54-save performance in his last outing.

4 sports

Quoted

"Coming from where I was two months ago, making the statement the season was over, to potentially having a possibility to play in the NHL Stanley Cup final is incredibly exciting for me."

VANCOUVER CANUCKS CENTRE MANNY MALHOTRA, WHO HAS BEEN CLEARED TO PLAY IN THE FINAL. MALHOTRA SUFFERED A SERIOUS EYE INJURY ON MARCH 16.

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Burrows takes time to remember fallen friend Bourdon

Alex Burrows took a day off from hockey, but not from his thoughts as he gets ready to play in the Stanley Cup final for the first time.

While the excitement is building for the Vancouver Canucks forward, Burrows' mind focused yesterday on the memory of friend and former teammate Luc Bourdon, who died exactly three years earlier in a motorcycle accident.

"There are bigger things than hockey, even in the Stanley Cup final," Burrows said. "It puts everything back in perspective, how lucky we are to be here and healthy and going after one of my dreams."

There is little doubt among most observers that Bourdon, who was just 21 when his motorcycle collided with a semitrailer, would have been part of this playoff run. The talented two-way defenceman was chosen No. 10 overall in the 2005 draft and almost made the team that fall when he was only 18 years old. Bourdon played nine games the following season, and had two goals in 27 games in 2007-08.

Bourdon, who was from the 3,000-person town of Shippigan, was inducted into the New Brunswick Hall of Fame on Saturday night.

THE CANADIAN PRESS

Thinking outside the box

By bringing new ideas, Gillis has helped take Canucks to Cup final

From the day Mike Gillis was hired as general manager of the Vancouver Canucks, he's done things differently.

The status quo isn't good enough for Gillis. He believes just because something has worked in the past, it doesn't mean it can't be improved.

In his three years in Vancouver, Gillis has ruffled feathers and his ideas have been mocked. But with the Canucks preparing to play the Boston Bruins in the franchise's first Stanley Cup final in 17 years, it's hard to argue with the results.

"We've tried to be as scientific in the approach of developing and interacting with players as we could be," Gillis said while watching a recent Canuck practice from the stands at Rogers Arena.

"I have no idea how much that has influenced the outcome. I think there is some influence for sure."

Gillis talks about the plan he devised for the Canucks. He won't give specific details, but points at the team on the ice as its product.

"We had a plan that we stuck to no matter what was going on around us, no matter what the speculation was around us," Gillis said.

"We knew we were going to have a good team. We didn't know if we were going to be able to add parts that would make us a really good team. When those parts began to occur, we got progressively better."

The Stanley Cup final begins Wednesday at Rogers Arena (CBC, 5 p.m.). Game 2 will be Saturday.

Off the ice

Some of Mike Gillis's off-ice innovations have raised eyebrows.

- A sleep doctor advises players on when they should nap and even helps determine who should room together on the road.
- Gillis has tinkered with the travel schedule, having the team stay overnight after some road games instead of immediately flying home.

Gillis and his staff have managed to work within the confines of the NHL salary cap to build a Canuck team full of skill and deep in talent.

Goaltender Roberto Luongo was signed to a 12-year $64-million US deal. It was a contract that satisfied Luongo while counting as a $5.33-million hit on the Canuck books each year.

Gillis convinced other players like Daniel and Henrik Sedin, Alex Burrows and Ryan Kesler to re-sign for less money than what they might have gotten from other teams.

"People have focused on the idea that players are taking less," Gillis said. "Our commitment to them is we are going to spend every cent to make this team better.

"If we didn't follow through on that, we wouldn't be able to get players to buy into that kind of idea. I think the guys here understand we are committed heavily to winning, no matter what it takes."

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Canucks general manager Mike Gillis takes questions from reporters last week.

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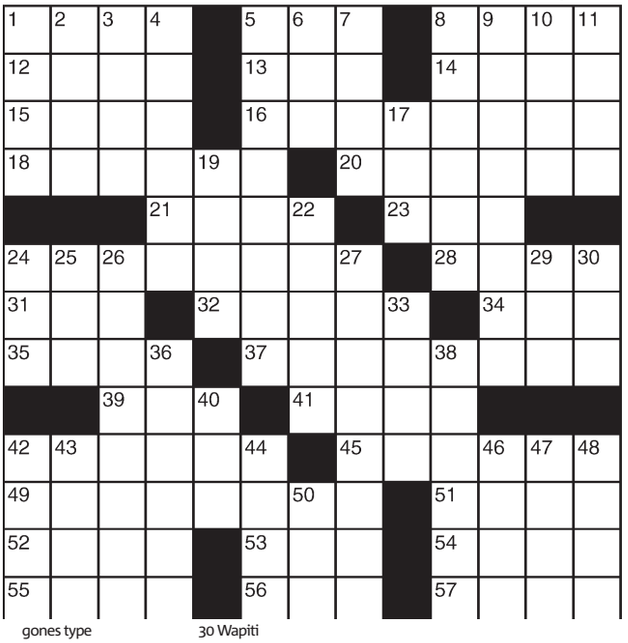
"The way they treat us in the room, the travel, everything, it's a matter of guys really wanting to play here."

CANUCKS CAPTAIN HENRIK SEDIN

Crossword



Across

1 Ballet skirt
5 "A pox upon thee!"
8 Sore
12 Microwave, for one
13 Praise in verse
14 Comrade of Mao
15 Clothing store section
16 Attendance check
18 Wolf in the hen-house?
20 "Yes" or "no" follower
21 Settled down
23 — generis
24 Command to Fido
28 Being, to Brutus
31 Historic time
32 Elaine's surname on Seinfeld
34 Wire measure
35 Air outlet
37 Price reduction
39 Baseball hat
41 Actor Julia
42 Antarctic volcano
45 Now
49 Race drivers' protectors
51 Lumber
52 Reed instrument
53 Fish eggs
54 "Do — others ..."
55 Collections
56 Do sums
57 Equal

Down

1 Grant's —
2 Eye layer
3 Be inclined (to)
4 Open
5 Let-bygones-be-by-gones type
6 Wedding words
7 Morays and congers
8 Accumulate
9 Special appeal
10 Aperture
11 Christmas
17 Fleur-de- —
19 Amorphous mass
22 Male voice
24 Churchly title (Abbr.)
25 Raw rock
26 Trusted knight
27 Got sick again
29 Bracketed notation
30 Wapiti
33 Insult
36 Restaurant furniture
38 Enlarge a photo
40 Saloon
42 Love god
43 Pajama cover-up
44 Poet Teasdale
46 Zilch
47 Carry
48 Smell
50 Scepter

▶ Yesterday's answer

C	O	W		B	A	C	K		Q	U	A	Y
A	R	A		A	L	A	N		U	R	G	E
P	A	G	A	N	I	N	I		O	N	E	S
P	L	E	D	G	E		T	O	T			
			D	O	N		T	A	H	I	N	I
C	Y	B	E	R		P	E	R		D	I	N
R	E	E	D		B	U	D		B	O	N	D
A	T	A		A	L	P		R	E	L	A	Y
B	I	K	I	N	I		R	E	N			
			B	I	T		E	S	C	H	E	W
E	T	U	I		Z	U	C	C	H	I	N	I
R	A	Z	Z		E	S	A	U		D	D	T
A	R	I	A		N	A	P	E		E	S	S

Sudoku

	1		4		8	5	6	
					7			8
8						7		3
	8		2			4	9	
				1				
	9	6			3		2	
7		8						1
9			8					
	4	1	6		9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	5	2	6	3	7	9	1
9	2	3	1	8	7	4	6	5
1	6	7	5	4	9	3	2	8
3	5	1	4	9	6	8	7	2
6	7	2	3	5	8	9	1	4
8	4	9	7	1	2	5	3	6
5	9	4	6	3	1	2	8	7
7	3	6	8	2	4	1	5	9
2	1	8	9	7	5	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Hey Tom, I just want to do this so everyone can see how much I love you. Youre a great inspiration and influence in my life. You made me into the great person I am today and I can't thank you enough. I know we been through hills and ditches but that wont stop us from reaching the top. I love you so much. <3 **LOVE STOMY**

My Handsome King. You are my best friend and my lover. I am so lucky to have you. Even though you're a continent away, I have you close in my heart and in my dreams. I'm just sorry I don't get to see your sexiness on the beach. Muah! From **YOUR OBEDIENT SERVANT.**

My Love. Keep ur head held high and dont let anyone bring you down my original g-star.rotpot got your back, baby. From **RPANGEL**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Anything done as part of a team will go exceptionally well over the next seven days.

♉ Taurus April 21-May 21 If a friend or relative needs a shoulder to cry on today you will be there for them.

♊ Gemini May 22-June 21 You are in the mood for fun and games and you'll get plenty of both over the next few days

♋ Cancer June 22-July 22 Make it your aim to stand back from what you are working on.

♌ Leo July 23-Aug.23 You won't want to push yourself too hard today.

♍ Virgo Aug. 24- Sept. 22 You will be acutely sensitive to others people's problems today.

♎ Libra Sept. 23-Oct. 23 An active imagination is generally a very good thing but don't let it run riot today or you'll see enemies behind every door.

♏ Scorpio Oct. 24-Nov. 22 You need to find ways to catch the eye of employers and other important people.

♐ Sagittarius Nov. 23-Dec. 21 If you want to take a longer vacation, now is the time to do something about it.

♑ Capricorn Dec. 22-Jan. 20 It's okay to dream, but don't let infatuation take hold.

♒ Aquarius Jan. 21-Feb. 18 Forget about anything but having a good time with the people who mean the most to you.

♓ Pisces Feb. 19-March 20. After a period of intense activity should come one of well deserved rest. **SALLY BROMPTON**

Caption contest

MAHESH KUMAR A./THE ASSOCIATED PRESS

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